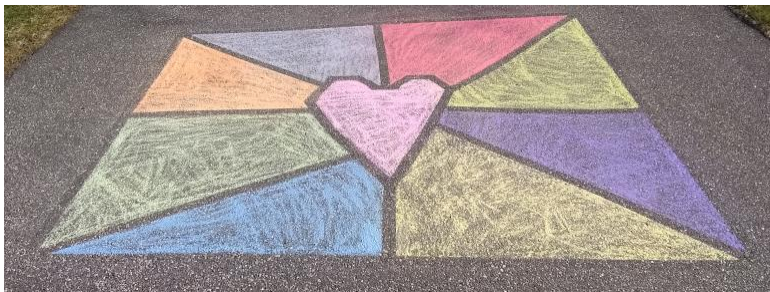

Bolton Senior Center

Prime Time: Online

Wednesday, August 26, 2020



View the Town of Bolton Covid-19 Guide (Updated August 1, 2020)

https://town.boltonct.org/vertical/Sites/%7B30EEBA3C-BE1C-42AE-911F-0E304A672785%7D/uploads/COVID19_Bolton_Operations_Manual_8.1.2020.pdf

Keep In Touch! (860) 647-9196

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Director's Note

Dear Senior Center Friends,

This is my absolute favorite time of year - the end of August into September and October. The weather can be some of the best of the year. New England really shines in the fall and reminds us why we all love it here.

That said, it is a rough hurricane season. Two years ago I was in Georgia when Hurricane Michael hit the Panhandle. To give some perspective – that was in the middle of October. Yet here we are with the “L” and “M” storms already here.

We are sending our thoughts to the Gulf Coast! This year has been unrelenting!

Stay Safe,

Carrie



Views of the Louisiana Bayou - June 2019 Road Trip.

The water is close even during low sea levels!

Missed a recent edition of Primetime Online? Catch up here! All back issues are now available at <https://bolton.govoffice.com/primetime>

Senior Center Status

The Bolton Senior Center building remains closed to the public.

- Drop-off or pick-up items Tuesday and Thursday from 2 p.m. to 4 p.m. only.
- The Food Pantry is available for pick-up and delivery: please call ahead.
- Transportation is available: please call ahead.
- Need delivery from Bentley Library? Tell Library staff when reserving your items.
- Chair yoga: www.facebook.com/YogaWithLisaCT

In Remembrance

We are sad that we lost two friends of Bolton Senior Center this month. Charlotte Hopkins passed away on August 3. We remember many lunches out and events with her. Peg McAdam passed away August 18. Peg always made everyone smile at Setback and Bingo. We are thinking of their families during this difficult time.



Town Updates

New! The Town of Bolton has a new easier-to-remember website! You can now find Town information at: town.boltonct.org. Please note: At the moment there is an issue where it states "Your connection is not private." The website can be accessed by clicking "advanced." This should be corrected very soon.

While you are checking out the Town website – check out the brand new A to Z Guide! It includes many topics from AARP to the Zoning Board of Appeals and everything in between. If there is something you can't seem to find, let us know and we will add it!

Finally – The Town Administrator would like to share your stories! He is looking for stories about your activities, accomplishments and achievements during Covid-19 that you would like to share with your friends and neighbors. These stories will be shared on the CVC channel live the first and third Tuesday at 10:30 a.m. or online at cvct.org. Send any information to townadmin@boltonct.org.

November 3, 2020 Presidential Election Information

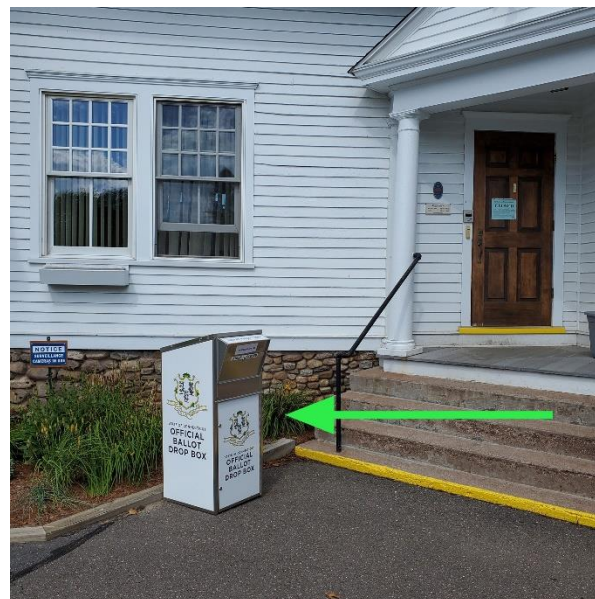
In person voting will take place at the Bolton Center Road School (108 Notch Road) on November 3, 2020 from 6am until 8pm.

For those wishing to vote by Absentee Ballot: The Secretary of the State has informed us that every registered voter will be receiving an absentee ballot application in the mail, along with a return envelope. *The applications are expected to be sent out in mid-September.*

If you wish to vote by absentee, make sure to get the completed, signed and dated application to us as soon as possible, since it is our office that will be issuing you the ballot. We encourage you to use the drop slot at the Tax Collector's door for the return of the applications.

Please be patient since we expect a large number of requests and are a small staff. Absentee Ballots become available October 2, 2020. By getting your application to us ASAP, it will help us to get them prepared and mailed out to you in a timely manner.

Returning of Absentee Ballots: We strongly encourage you to utilize the secure ballot drop box which is near the entrance to our office. This will ensure that we receive your ballot in a timely manner.



Senior Citizens Commission Meeting!

The Bolton Senior Citizens Commission meeting will be held Tuesday, September 1 at 1 p.m. outdoors at the Bolton Senior Center under the awning. Social distancing and masks are required. Members of the public are welcome to attend but are also invited to join by phone or to submit a public comment by phone or email as an alternative way to participate. For information on how to participate please call 860-647-9196 or email seniorservices@boltonct.org. Please view the agenda at town.boltonct.org.

Foodshare Update

Our friends at St. George's Foodshare have spent the summer in the Bolton Center School parking lot. Starting September 1, they will return to St. George's parking lot. Foodshare is available from 10 a.m. to 10:30 a.m. and is for anyone in need, no identification required. Please be cautious when entering and exiting the parking lot due to increased traffic.

Shout Outs

Want to send along a message? Let us know and we will post it here!

Baby Panda Cam

The Smithsonian National Zoo has had a new arrival! The Giant panda Mei Xiang gave birth to her cub at 6:35 p.m., Aug. 21, and is caring for her newborn attentively, and we can watch live on their website!

Go to <https://nationalzoo.si.edu/webcams/panda-cam>



REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 09
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri porch
9. mce mce mce	10. MONSTER

© 2015 puzzles-to-print.com

Answers on page 15

Cabin Fever Challenge

We're finishing up our adult summer reading challenge with Bentley Memorial Library. Remember, it is much more fun if you have a review! Send your reviews with your "star rating" to seniorservices@boltonct.org or bentley@biblio.org by August 31.

Star rating: 1 star = It didn't hold my interest at all.
2 stars = It was okay but it wasn't really my cup of tea.
3 stars = It was better than okay, but I've read better.
4 stars = It was a great story and I enjoyed it!
5 stars = I couldn't put it down!

Jenn Harrington read:

Unsheltered by Barbara Kingsolver, 5 stars. - Excellent, great book to discuss in depth, but not the cheeriest premise. Unfortunately, as it's a little too much like real life.

Birdology by Sy Montgomery, 5 stars. - I enjoyed this way more than I expected.

A book Review from Lindy Cassells:

The Darwin Affair: A Novel by Timothy Mason – Enjoyed the Twists and Turns and a peek into old London. A great read, I wish I could have been in the book club.

Thank you to the following people for participating:

Lynn Follett, Ruth Hoffman, Trish Brudz, Jenn Harrington and Lindy Cassells.

Stories from the Attic

Fairfield Senior Center invites you to join them on Zoom for a program they are bringing back by popular demand called Stories from the Attic.

The search and discovery of little known nuggets of history is what speaker Greg Van Antwerp has turned into a series of presentations called “Stories from the Attic.” He calls himself an “Urban Archeologist” as he digs up stories, artifacts and more. He says, “History is hiding everywhere.” Greg is a board member of the New Milford Historical Society (more about him can be found at www.foundastory.com).

This presentation will be Wednesday, September 9 at 3 p.m. on Zoom. To join in, let Bolton Senior Center staff know you are interested and we will get you the information to participate.

Free AARP Events

LinkedIn for Experienced Workers and Encore Career Seekers: 2 chances to participate!

September 2, 2020 @ 1 – 2:30 PM Registration: <https://aarp.cvent.com/LinkedSept2WW>

September 9, 2020 @ 7 – 8:30 PM Registration: <https://aarp.cvent.com/LinkedSept9WW>

Register for one of the times above to participate in this 90-minute session to learn best practices to create and manage a personal profile page, reflecting the experience gained in previous careers. Learn about networking, improve career opportunities, and self-branding.

September 16, 2020 @ 1PM AARP CT Webinar Wednesday: “Gen Silent”: Join us for a screening of the documentary “Gen Silent” to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers. Registration: <https://aarp.cvent.com/GenSilentSept>

September 23, 2020 @ 7PM AARP CT Webinar Wednesday: Caregiving & Multigenerational Living Options in the Age of Coronavirus Pandemic: Ira Yellen, creator of The Aging in Place Essential Toolkit™, Jenny Smith, owner of Acuity Public Relations, LLC, & Alan Hanbury, President of House of Hanbury Builders, Inc., and a Certified Aging in Place Specialist will present an interactive program highlighting trends in multigenerational living, designing for aging in place, and caregiver considerations when planning for the future. Topics covered:

Multigenerational planning; Guidance on selecting a Certified Aging in Place remodeler and Making the home safe and secure. Reg: <https://aarp.cvent.com/CareLivingSept23WW>

September 28, 2020 @ 12PM *AARP CT Presents: Mondays at Mystic Seaport: The Gerda 111*

Story: Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. Registration:

<https://aarp.cvent.com/MysticMonSept28>

September 30, 2020 @ 1PM *AARP CT Webinar Wednesday: The Emotional Lives of Persons with Dementia and Their Care Partners*

This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health, will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. Reg: <https://aarp.cvent.com/Sept30MoninWW>

Visit www.aarp.org/ct for a variety of offerings. To request a free AARP CT conversation in your community contact Erica Michalowski at emichalowski@aarp.org (860) 548-3163.



Light Laughter with Lynn

Just wanted you to know
I have entered the
snapdragon part of my life.
Part of me has snapped....
And the rest of me is draggin...



I'M MULTITASKING...



**I CAN LISTEN, IGNORE AND
FORGET AT THE SAME TIME.**

**I DON'T PRETEND TO
BE SOMETHING I'M NOT.**



**EXCEPT NORMAL.
I'VE PRETENDED TO BE
NORMAL A FEW TIMES.**

**CHILDHOOD INJURIES:
FELL OFF MY BIKE
FELL OUT OF A TREE
TWISTED MY ANKLE**

**ADULT INJURIES:
SLEPT WRONG
SAT DOWN TOO LONG
SNEEZED TOO HARD**

2020: THE MUSICAL

Based on a Cro-magnon skinning chant

Arranged by Arco

The musical score is highly detailed and includes the following elements:

- Tempo and Mood:** "Adagio cantabile with a rock tempo feel", "Cant Tempo with small fan", "Slowly", "Tempo VI", "deliberately".
- Performance Instructions:** "Keep both feet together", "Rigatoni", "Saxa more downstage", "Light and airy", "Drive off", "Flatly", "Like a New Orleans conversation choice", "remove cattle from stage", "hand in".
- Stage Directions:** "remove cattle from stage", "hand in".
- Dynamic Markings:** *mf*, *f*, *ff*, *pp*, *ppp*, *fff*, *fffzffz*.
- Section Markers:** A, B, C, D, E, F, G, H, I, J, K, L, M, N.
- Other Notations:** "Solo", "Cluck, waaah", "Tune the like", "Go fast", "Increase breathing", "gradually becomes agitated", "optional", "12th Cent. horn", "water proof", "Gong over", "Letters in 3", "all Margate stand up and wait".

Fun Facts about Watermelons

1. Watermelons have been cultivated in Egypt for more than 5,000 years. Egyptians depicted watermelon in drawings on the walls of tombs and even left watermelon with their dead to nourish them as they journeyed through the underworld.
2. Because watermelons are native to Africa, they need hot, sunny conditions to thrive. Some varieties need up to 130 warm days to ripen. Most watermelons mature in 85 to 100 days.
3. According to Guinness World Records, the largest watermelon ever grown was grown in Arkansas by Lloyd Bright and weighed 268.8 pounds! The record was set in 2005 at the Hope Arkansas Big Watermelon Contest.
4. Watermelons are 92 percent water. Early explorers sometimes carried watermelons instead of canteens.
5. Watermelons usually have red flesh, but some watermelons have white, yellow, orange or even green flesh.
6. Watermelon sweetness can be measured by a Brix scale. Most watermelons are around 9 to 10 on the Brix scale. Very sweet watermelon measure 11 to 12 on the Brix scale.
7. Watermelons spread from Africa to China in the 10th century. Today, China grows more watermelon than any other country. In China, guests offer watermelons as gifts to a hostess.
8. The U.S. ranks fourth in the world for watermelon production. Top watermelon growing states include California, Arizona, Texas, Florida and Georgia.
9. John Egerton, Southern food historian, believes watermelons came to the U.S. with African slaves.
10. A watermelon will not grow in your belly if you eat the seeds. In fact, the seeds are actually quite nutritious with high levels of magnesium, zinc and protein. Chew the seeds before swallowing for optimum nutrition.
11. We think of watermelon as a fruit because of its sweet flavor, but watermelon is actually a vegetable. It belongs to the cucurbit family, and is related to pumpkins, cucumbers and squash.
12. Some folks like to sprinkle watermelon with a dash of salt. In Egypt and Africa, people often pair watermelon with salty feta cheese. The salt brings out the juice and flavor of watermelon.
13. Watermelon has only 40 calories per cup, yet it has more lycopene than any other fruit or vegetable. Lycopene is a powerful antioxidant which can reduce inflammation and destroy free radicals. Watermelon is also high in vitamin C and a good source of fiber.

14. The Japanese grow square watermelon. How? They place square glass boxes around a growing fruit so it becomes square as it grows. The Japanese like them because they're small and don't roll around. They fit neatly in a refrigerator. The downside? These watermelon cost about \$82!
15. Have you ever had a watermelon seed spitting contest? Jason Schayot is an expert watermelon seed spitter. He holds the world record for watermelon seed spitting at 75 feet 2 inches, set in 1995.
16. Watermelon is the official vegetable of Oklahoma. Or is it a fruit?
17. Americans eat more watermelon by weight than any other fruit. Watermelon producers in America grow more than 4 billion pounds of watermelon annually.
18. Mark Twain loved watermelon. He called it the food of angels.

Jicama and Watermelon Salad

RECIPE COURTESY OF BOBBY FLAY

Level: Easy

Total: 15 min

Prep: 15 min

Yield: 4 servings

Ingredients

1/2 cup fresh orange juice, plus 1 teaspoon zest

1/4 cup fresh lime juice, plus 1 teaspoon zest

2 tablespoons honey

1 teaspoon ground black pepper

Kosher salt

1 jicama, cut into matchstick pieces

4 cups watermelon in 2-inch chunks

1/3 cup roughly torn fresh mint leaves



Directions

1. Whisk together juices, honey, pepper and salt in a large bowl. Add the jicama, watermelon and mint and toss to coat.

Rebus for you Answers

1. Adding insult to injury
2. A bit under the weather
3. The ball is in your court
4. Let the cat out of the bag
5. Beat around the bush
6. No one to blame
7. Yellow belly
8. Take from the rich and give to the poor
9. Three blind mice
10. A green-eyed monster

Hi Again from Stephanie!

Hello everyone! Summer has absolutely flown by. The last time I spoke to you all I was about to transition over to working with the Recreation Department full time to run camp. And now here we are, two months later and it is already starting to feel like fall outside! I hope you all had a fabulous summer, despite Covid-19 and its many challenges. It seems as though every month something new happens to test us this year. This month it was Tropical Storm Isaias, which was a lot more damaging to our state than we had originally imagined. It was a long week of power outages and tree removals, but we got through it! With everything going on, I know I have begun to be discouraged about how the rest of the year will be and what is going to happen next. What has helped me though, is to try to look at everything with a more positive lens. While Covid-19 is still very much an issue, we have to remember that it has already been six months! Whether or not those six months have felt like they flew by or took forever, we know that we were able to handle it, and will be able to handle another six months as well! I also believe that while it has been difficult to find a new “normal”, it has been a really good thing for us to think outside of the box and to find new and creative ways to socialize with people in a safe way!

I hope you all are having an amazing week, and I am looking forward to being back with the Senior Center again!

- The Bolton Senior & Social Services Staff